



Name: _____

What's growing on with school gardens?

More and more schools are planting gardens as part of the effort to get kids to eat healthier foods.

Many experts believe that school gardens offer a powerful _____ to the sugary path leading to childhood obesity. Growing food in a school garden not only teaches students where food comes from and how it grows, but also helps kids to establish _____



_____ eating habits. The fruits and vegetables grown can even become part of a school's _____ program.

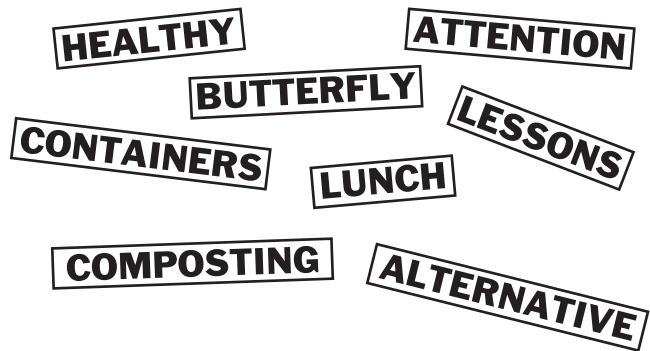
Food for Thought

But gardens can provide other _____, too. When kids grow gardens, they learn about plants, soil, _____ and water management, and the fields of biology, ecology and environmental studies. They will probably pay closer _____ to the weather.

Planting an Idea

You don't even need a plot of land to grow plants. Window boxes or _____ can easily provide a start for early learners. A _____ garden or a water garden also provide learning opportunities.

Where do each of these words belong?



Can you find the two identical gardeners?

Standards Link:
Visual Discrimination:
Find similarities and differences in common objects.

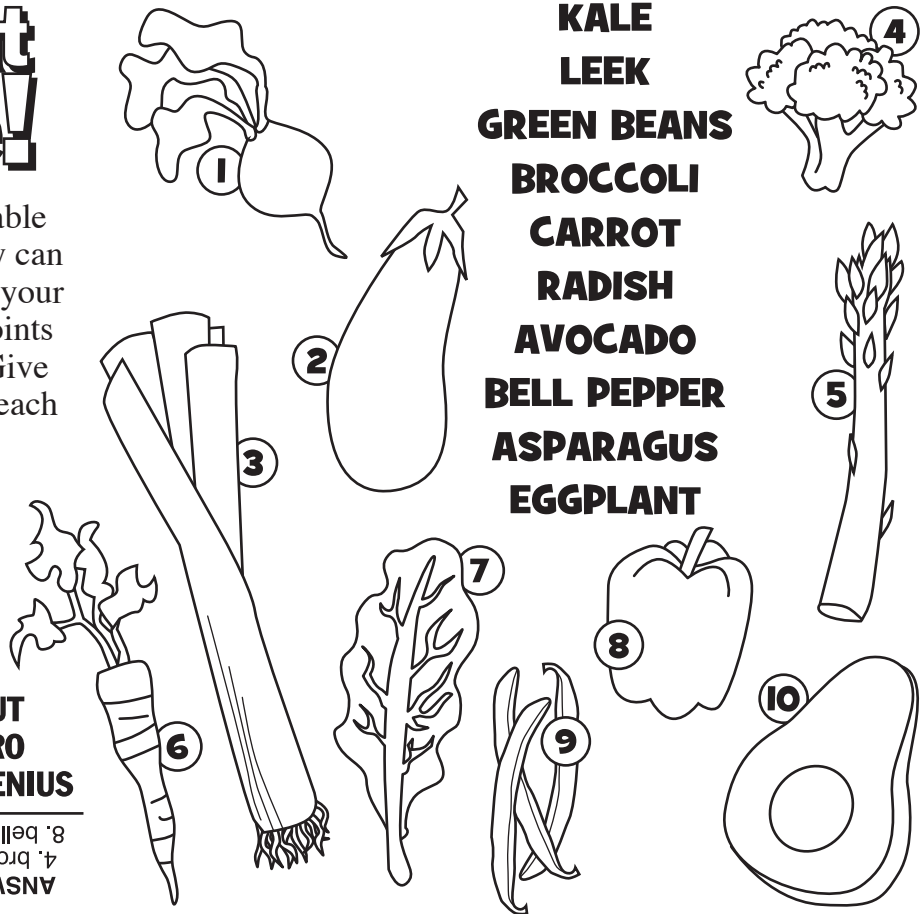


Name: _____

Name That Veggie!

Draw a line from each vegetable picture to its name. How many can you identify correctly? Check your answers below and score 3 points for every one you get right. Give yourself an extra 3 points for each of these vegetables that you have eaten in the last 10 days.

- KALE**
- LEEK**
- GREEN BEANS**
- BROCCOLI**
- CARROT**
- RADISH**
- AVOCADO**
- BELL PEPPER**
- ASPARAGUS**
- EGGPLANT**

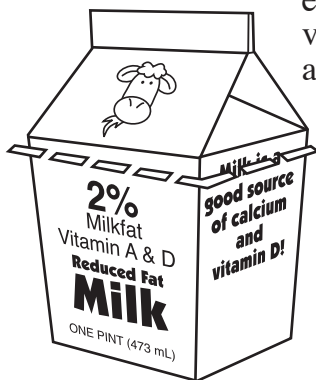


- 0-3 POINTS: SEEDLING**
- 6 - 12 POINTS: GOOD SPROUT**
- 15 - 25 POINTS: PRODUCE PRO**
- 30+ POINTS: GROWING GENIUS**

ANSWERS: 1. radish, 2. eggplant, 3. leek, 4. broccoli, 5. asparagus, 6. carrot, 7. kale, 8. bell pepper, 9. green beans, 10. avocado.

Pint-sized Planter

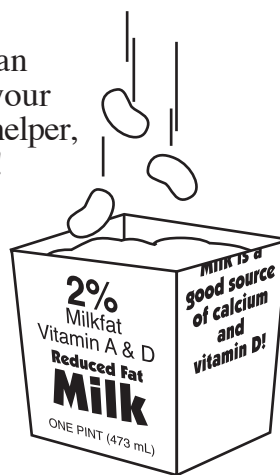
Here's an easy way to start a garden of your very own. You'll need an adult helper, a sunny window and patience!



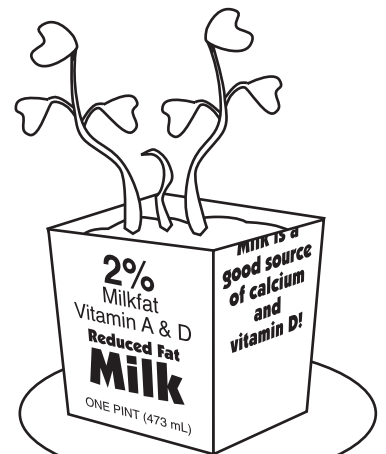
With an adult's help, cut the top off an empty milk carton.



Punch five small holes in the bottom of the carton for drainage.



Fill the carton with soil about an inch from the top. Plant three to five seeds and gently push them into the soil.



Place your planter on a plate in a window and dampen the soil with water.

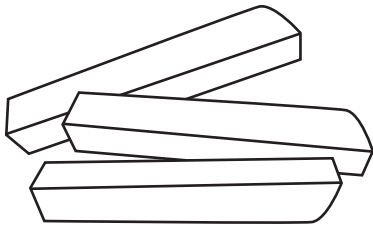
Name: _____

FIT & FUN™

Smarter Snacks

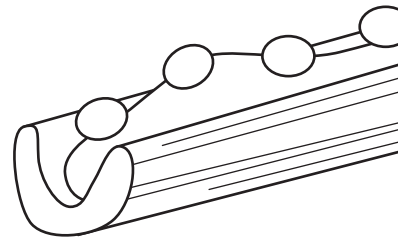
Looking for a healthier sort of snack? Give these a try as a fun way to eat more veggies!

Carrot Fries



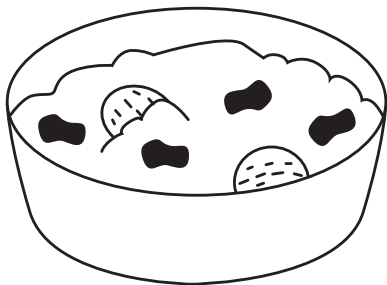
Chop carrots into sticks. Brush them with a little olive oil and sprinkle with rosemary. Bake them at 425° for 20 minutes or until carrots are tender.

Ants on a Log



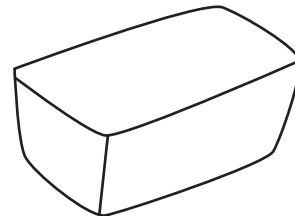
A classic: Spread a little peanut butter on a celery stick and top with some raisins. For a new taste treat, try using different kinds of berries as your “ants.”

Ants in the Sand



Crush up some bran flakes or other whole-grain dry cereal into “sand.” Mix in raisins (ants) and stir. Use strawberries as ladybugs.

Banana Cubes



Mash up a banana. Spray an ice cube tray with a little non-stick cooking spray. Place the mashed banana into the tray and cover with plastic wrap. Freeze overnight. Dip the frozen cubes in yogurt for a cool treat.

Standards Link: Reading Comprehension: Follow multiple-step written directions.

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Garden Dot-to-Dot

On one page of the newspaper, find the letters that spell these vegetables that gardeners like to grow. Connect the dots that spell each word.

- | | |
|---------------------------------|------------------------------------|
| <input type="checkbox"/> onion | <input type="checkbox"/> radish |
| <input type="checkbox"/> kale | <input type="checkbox"/> cabbage |
| <input type="checkbox"/> carrot | <input type="checkbox"/> artichoke |
| <input type="checkbox"/> beet | <input type="checkbox"/> broccoli |
| <input type="checkbox"/> pepper | <input type="checkbox"/> zucchini |

Standards Link: Spelling: Spell grade-level appropriate words correctly.



Name: _____

Puzzler

What fraction of each type of vegetable is growing in this school garden?



CARROTS: _____



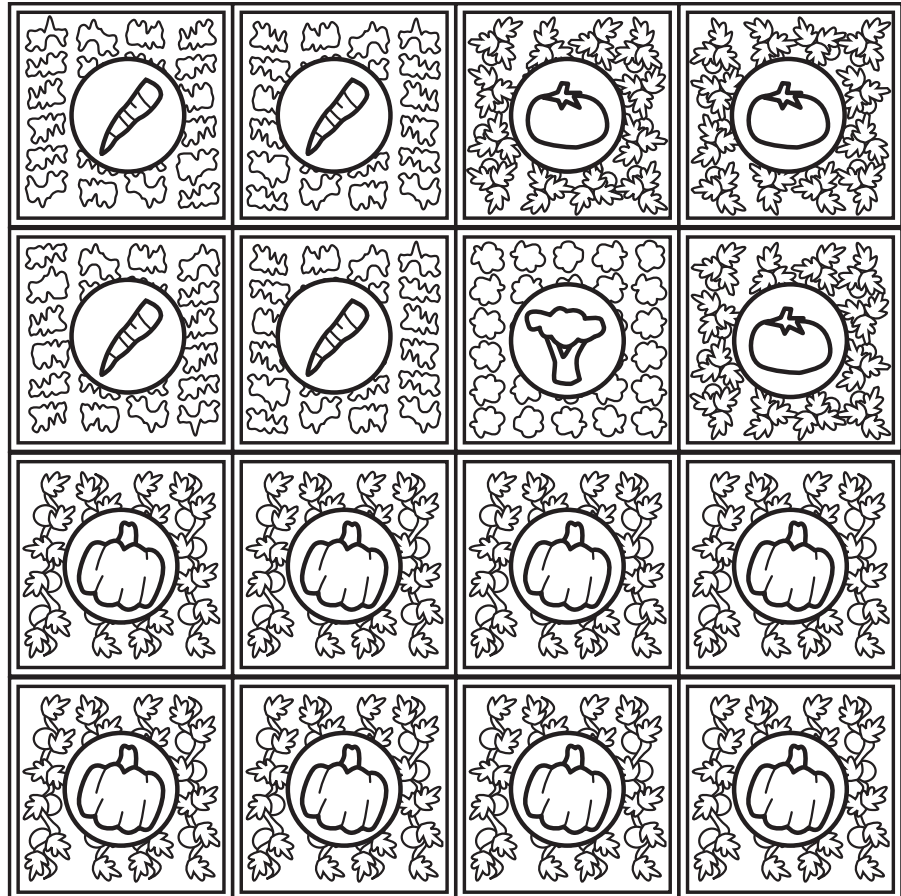
PUMPKINS: _____



BROCCOLI: _____



TOMATOES: _____

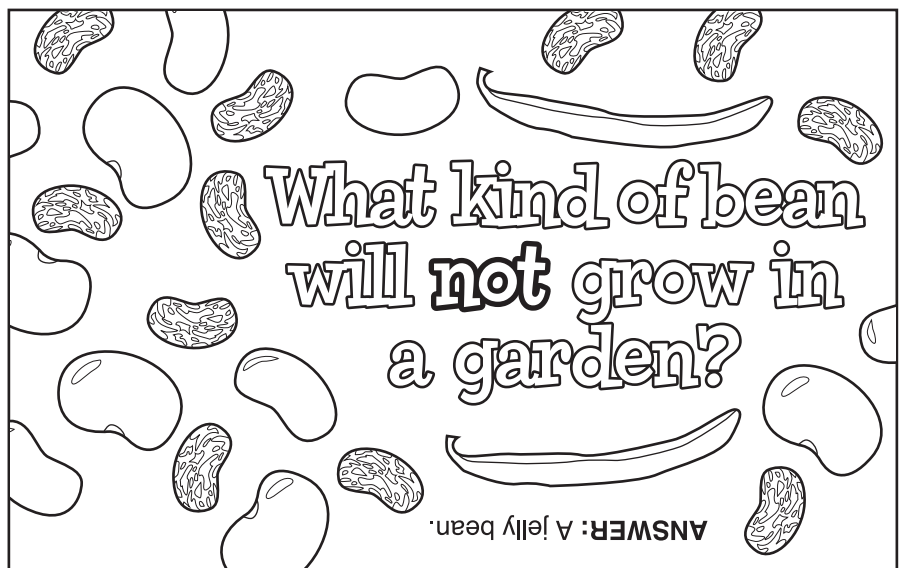


Standards Link: Number Sense: Identify fractions.

Kid Scoo-doku™

Complete the grid by using all the letters in the word GARDEN in each vertical and horizontal row. Each letter should only be used once in each row. Some spaces have been filled in for you.

G	A	R	D	E	N
E	G			N	
		G	E		
	R		G		E
	E	N			G
R		E	N	G	





Name:

Kid Scoop Jumbo Word Search

Find the words by looking up, down, backwards, forwards, sideways and diagonally.
Then see how many of these words you can find in today's newspaper.

ARTICHOKE

BROCCOLI

CUCUMBER

LETTUCE

APRICOT

RADISH

GRAPES

CELERY

MELON

PLUMS

PEARS

KALE

LIME

FIGS

CORN

B	E	A	T	O	C	I	R	P	A
T	R	T	O	C	E	L	E	R	Y
C	G	O	E	C	U	T	T	E	L
A	R	K	C	N	L	I	F	B	P
P	A	A	O	C	C	L	I	M	E
L	P	L	D	H	O	N	G	U	A
U	E	E	O	I	R	L	S	C	R
M	S	K	L	O	S	Y	I	U	S
S	E	G	C	R	O	H	W	C	N

Standards Link: Letter sequencing. Recognized identical words.
Skim and scan reading. Recall spelling patterns.